

TAKING THE CHALLENGE

LESSON 1: READY, GO... CROSSING THE FINISH LINE — YEAR 1

INTRODUCTION

This is it! Time to put on your sneakers and start warming up for what may be the toughest part of this unit — participating in exercises designed for the Presidential Physical Fitness Award (PPFA) program. Get ready to tackle these exercises developed to test your physical ability. They require endurance, speed, strength, and flexibility. What can Cadet Challenge do for you? First, it allows you to develop an understanding and appreciation for physical fitness. Second, it shows how an exercise program can improve health and appearance, thereby improving self-confidence. Finally, there is the personal satisfaction involved in striving to achieve a goal and in recognizing and recording your own progress.

THE CHALLENGE

Ready to go? It's time for the challenge! Cadet Challenge consists of five exercises taken from the Presidential Physical Fitness Award program. Read the descriptions of how to execute each exercise carefully. Along with each exercise description is a box showing standards to shoot for based on your age and gender. To qualify for the Presidential Physical Fitness Award, you must achieve a standard of 85 percent or higher. In each box showing standards, the 85th percentile standards are listed in the two columns under the heading "PPFA (85%)." If you achieve a standard of 84 percent or below, but above 50 percent, you qualify for the National Physical Fitness Award (NPFA). Fifty percentile

standards are listed in each box in the two columns under the heading "NPFA (50%)."

Cadets who score in the 85th percentile or above on Cadet Challenge are eligible to receive the Presidential Physical Fitness Award that consists of a Presidential certificate of achievement and a blue emblem. Cadets that score in the 50th to 84th percentile are eligible to receive the National Physical Fitness Award that consists of either a National certificate of achievement, a red emblem, or both. Those cadets who achieve Cadet Command's standards in Cadet Challenge are eligible to receive the ROTC Athletic Ribbon. Cadets who attempt all five exercises but score below the 50th percentile on one or more of them are eligible to receive either a Participant certificate of achievement, a white emblem, or both.

If you are a cadet with special needs or have one or more disabilities, which would directly affect your performance on these exercises, see your instructor for criteria for modified or alternative exercises.

IMPROVING YOUR SCORES

The exercises in Cadet Challenge test your endurance and physical strength. Initially, it does not matter what you score on these events except to establish a base score from which to build. From there, however, it is important that you establish a routine exercise program, so that your score will improve, and along with it, your health. Work toward achieving the 85th percentile standard. If you have participated in the Presidential Physical Fitness Award program in another physical education program and met the 85th percentile for your age and gender, try to achieve it again this time. If you did not meet that standard, here's a chance to improve.

BASIC RULES OF EXERCISE

As you prepare for the Cadet Challenge, remember to follow these basic rules:

- ⇒ To produce positive results, exercise at least three times a week.
- ⇒ Begin your exercise program by warming up for five to seven minutes.
- ⇒ Spend at least 20 minutes on conditioning, then cool down for four to six minutes.
- ⇒ With the exception of the v-sit reach, complete the exercises in the challenge during the conditioning period.
- ⇒ Make the v-sit reach part of your warm-up or cool-down

Remember to follow an exercise program that includes aerobic exercise for the one-mile run/walk, anaerobic exercise for the shuttle run, muscle strengthening for the pull-ups and curl-ups, and stretching for the v-sit reach. If you give it your all and perform to the best of your abilities, you will:

- have a stronger body
- feel good about yourself
- appreciate health and fitness.

THE ONE-MILE RUN/WALK



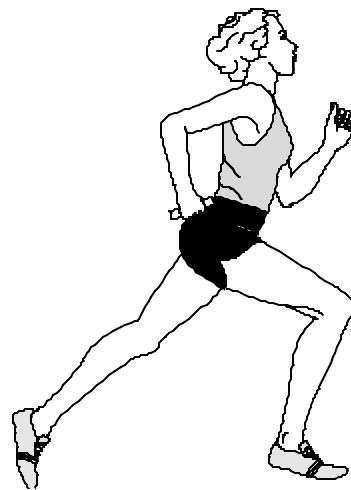
From a standing position on the starting line, run, walk, or use a combination of both to cross the finish line after covering one mile — four times around most high school tracks. Complete the one-mile run/

walk according to the standards shown in the following chart.

Read these times in minutes and seconds; for example, you would read 6:08 as six minutes and eight seconds.

<u>Age</u>	<i>PPFA (85%)</i>		<i>NPFA (50%)</i>	
	<u>Male</u>	<u>Female</u>	<u>Male</u>	<u>Female</u>
14	6:26	7:59	7:44	10:06
15	6:20	8:08	7:30	9:58
16	6:08	8:23	7:10	10:31
17	6:06	8:15	7:04	10:22

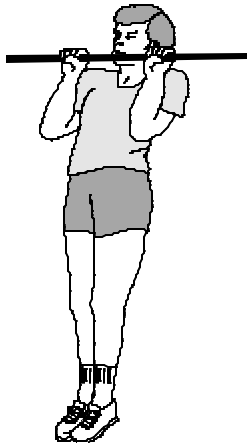
SHUTTLE RUN



From a starting line, run 30 feet to another line where there are two wooden blocks. As fast as you can, pick up one block, return to the starting line, set it down, run back for the other block, and return to the starting line again. The following chart shows the standards for the 30-foot shuttle run. Read these times in seconds only; for example, you would read 8.7 as 8.7 seconds or 10.0 as 10 seconds.

<u>Age</u>	<i>PPFA (85%)</i>		<i>NPFA (50%)</i>	
	<u>Male</u>	<u>Female</u>	<u>Male</u>	<u>Female</u>
14	9.1	10.1	9.9	11.2
15	9.0	10.0	9.7	11.0
16	8.7	10.1	9.4	10.9
17	8.7	10.0	9.4	11.0

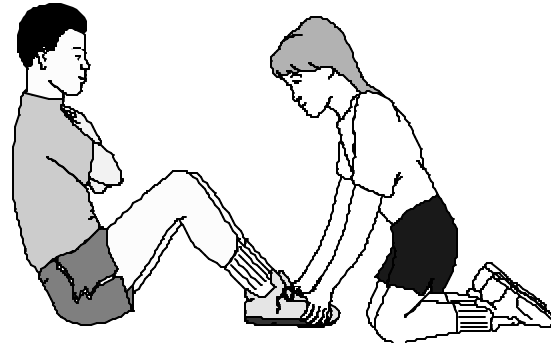
PULL-UPS (See Flexed-Arm Hang for an alternative event.)



From a hanging position on a metal or wooden bar, use the overhand grasp (palms facing away from body) or underhand grip (palms facing towards body) to pull your body up so that your chin clears the bar. Then, lower your body to the full hang starting position. Try to do this the number of times shown in the following chart. Make sure that you are high enough so that your feet do not touch the floor or ground each time you straighten your arms. Do not use jerky motions, kick or bend your legs, or swing during each movement.

<u>Age</u>	<i>PPFA (85%)</i>		<i>NPFA (50%)</i>	
	<u>Male</u>	<u>Female</u>	<u>Male</u>	<u>Female</u>
14	10	2	5	1
15	11	2	6	1
16	11	1	7	1
17	13	1	8	1

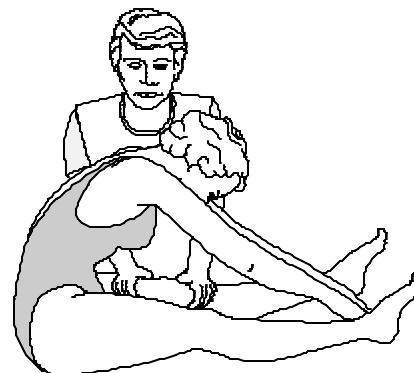
CURL-UPS



From a lying position on the floor or mat, pull your knees up so that your feet are flat on the floor and about 12 inches from your buttocks. Have a partner hold your feet. Place your arms across your chest with hands touching opposite shoulders and elbows held close to your chest. Pull your body upward until your elbows touch your thighs; then, lower your body so that your shoulder blades touch the floor or mat. Within 60 seconds, strive to complete the number of curl-ups indicated in the chart below.

<u>Age</u>	<i>PPFA (85%)</i>		<i>NPFA (50%)</i>	
	<u>Male</u>	<u>Female</u>	<u>Male</u>	<u>Female</u>
14	56	47	45	37
15	57	48	45	36
16	56	45	45	35
17	55	44	44	34

V-SIT REACH



First, take off your shoes; then, assume a sitting position on the floor or a mat with your feet 8 to 12 inches apart and your heels behind a baseline. A yardstick or other measuring device marked in inches will be between your heels running perpendicular to the baseline.

While a partner (or partners) holds each leg flat to the floor, flex your feet and slowly lean forward, stretching your hands (with the thumbs clasped and palms down) to the farthest point possible. Use the yardstick as a guide. There are three practice tries; the fourth attempt is for score. You should complete the v-sit reach by stretching the number of inches past the baseline as indicated in the chart below.

<u>Age</u>	PPFA (85%)		NPFA (50%)	
	<u>Male</u>	<u>Female</u>	<u>Male</u>	<u>Female</u>
14	4.5	8.0	1.0	4.5
15	5.0	8.0	2.0	5.0
16	6.0	9.0	3.0	5.5
17	7.0	8.0	3.0	4.5

ALTERNATIVE EVENT: FLEXED-ARM HANG

If you cannot do one pull-up, you may do the flexed-arm hang in order to qualify for the National or Participant Physical Fitness Awards. *To qualify for the Presidential Physical Fitness Award, you must do pull-ups.*

From a standing position on the floor or a mat, climb the ladder until your chin is above the pull-up bar. Grasp the bar with your hands shoulder width apart. The back of your hands must be towards your face with your thumbs under the bar. Step off the ladder while a partner removes it and prevents your legs from swinging. Your chin should clear the bar. The stopwatch is started at the command “go.” Strive to keep your chin level for the appropriate number of seconds indicated in the following chart. The stopwatch is stopped when your chin rests on the bar, you tilt your chin backward to keep it above the bar, or your chin falls below the level of the bar.

<u>Age</u>	NPFA (50%)	
	<u>Male</u>	<u>Female</u>
14	20	9
15	30	7
16	28	7
17	30	7

CONCLUSION

Cadet Challenge is an introduction to exercising for a specific goal. You will see your scores improve as you continue to practice. Making healthy changes in your lifestyle and working hard to reach this goal will make you a stronger, healthier individual, both mentally and physically, and will bring you the great satisfaction of a job well done.